



The Tao of Sobriety: Helping You to Recover from Alcohol and Drug Addiction

David Gregson, Jay S. Efran, G. Alan Marlatt

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The Tao of Sobriety shows how to apply eastern philosophy to enhance recovery from addiction to alcohol and other drugs. With a few simple mental exercises, readers can learn how to quiet "The Committee," those nasty mental voices that undermine serenity and self-esteem. With leaders of the recovery movement enthusiastically endorsing this uniquely helpful book, *The Tao of Sobriety* is an invaluable addition to the recovery bookshelf.

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